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DEPARTMENT OF PUBLIC HEALTH NURSING

IN CHARGE OF

EDNA L. FOLEY, R.N.

ILLINOIS—The following extract from the annual report of Eva Markman (Frances Willard Hospital, Chicago), an ex-visiting nurse, who is Instructive Visiting Housekeeper for the Jewish Aid Society of Chicago, is interesting as showing into what new lines this work has taken the visiting nurse:

The following is an example of the intensive work done in one family consisting of father, who is incapacitated; mother, dirty and indifferent to home-making because of her lack of knowledge of its requirements; grandmother, over eighty and filthy; and four children, undersized and undernourished, aged 15, 8, 7, and 6, respectively. They lived in an extremely old-fashioned home, dingy and unattractive in every way, with dirt and vermin everywhere. It was soon decided that only by removing this family into a pleasanter environment could real results be attained. At length a desirable location was secured and the momentous moving day arrived. The beds and furniture, which were overrun with millions of bed bugs and the accumulated filth of years' standing, had to be burned, as even the rag man refused to take them away. The bedding had to be thoroughly cleaned, as well as everything else in that home, as soon as they reached the new quarters. It was impossible to do the cleaning before moving, as the old home had no facilities for heating water. Through the kindness of the friendly visitor on the case, many of the new furnishings were supplied and her wonderful co-operation made the rehabilitation of this family possible.

Better sleeping quarters have been arranged and the beds are now clean and comfortable. The home is pleasant and in every way the family is responding to the changed conditions. A hot water attachment to the stove makes it possible for all to take baths and the enthusiasm over this event was demonstrated at once. Bathing in hot water was a hitherto unknown pleasure in their life's history and, as the mother said to the Instructive Visiting Housekeeper, "You will never be able to know what this hot water bath means to us. We could not understand where the hot water was coming from." The older daughter is now at work and is beginning to help the mother, upon her return at night. The mother is taking greater interest in her work, is baking more frequently and trying to plan her meals according to instructions given. The children are looking better and are proud of their clean, new home. Washcloths made out of a flour sack, and monogrammed, were hung with a crocheted hanger in the bathroom, each on a separate nail just below the tooth-brush rack, the youngest daughter's "bit."

As the mother has learned the value of the care of her home, she is learning, too, value of personal care and is taking greater pride in her appearance. She has consented to have her teeth attended to, which is a very necessary factor. The little grandmother, too, is responding to instruction and enjoys her new, clean room, especially its wonderful, soft bed. The father has learned the lesson that there is a place for everything and every-

thing must be in its place. No longer does he litter the floor with cigarette stubs or throw his clothes on chairs and in corners. Order and cleanliness are the watchwords of this home.

The following "Hooverized" recipes have been most successfully used in many of Miss Markman's homes. Nurses who have time to combine visiting housekeeping with their other nursing duties may find them useful:

Oil Cake. 1 cup sugar, $\frac{1}{2}$ cup water, $1\frac{1}{2}$ cups flour or $1\frac{3}{4}$ cups pastry flour, 1 teaspoon salt, 2 eggs whole, $\frac{1}{2}$ cup oil, 2 teaspoons baking powder, 1 teaspoon vanilla. Sift the flour, break the eggs on the sugar and beat for ten minutes as fast as possible, then add water and oil and continue beating with an egg-beater (Dover); shake and remove egg-beater, then cut and fold in flour, baking powder and salt (same must be sifted three times). Bake in two layer pans for twenty-five minutes at 390 degrees F.

Meat Loaf. $1\frac{1}{4}$ pounds chopped meat, 1 cup bread crumbs soaked in water and pressed out, 1 medium-sized onion finely chopped, 1 green pepper finely chopped, 1 teaspoon salt, 2 tablespoons oil. Mix together and make loaf, roll in flour, and oil over. Bake for forty-five minutes. Baste thoroughly.

Sugar Cookies. $\frac{3}{4}$ cup sugar, 1 egg, 2 tablespoons water, $\frac{1}{2}$ cup oil, $\frac{1}{2}$ teaspoon vanilla, 2 cups rye flour, $\frac{1}{4}$ teaspoon salt, $\frac{1}{4}$ teaspoon soda, 1 teaspoon baking powder. Cream the shortening, add sugar, egg and water which have been beaten together, roll thin, sprinkle with granulated sugar, cut, and bake in a moderate oven.

Molasses Cookies. $\frac{1}{2}$ cup shortening or oil, 1 cup molasses, 1 egg, $\frac{1}{3}$ cup ice-water, 1 cup raisins, 1 teaspoon soda, 1 teaspoon baking powder, 1 teaspoon ginger, $3\frac{1}{2}$ cups rye flour. Combine ingredients in order given. Drop on a greased pan. Spread, and bake in a moderate oven.

Cottage Pudding. $\frac{1}{4}$ cup butterine or oil, 2-3 cup sugar, 1 egg, 1 cup milk, $2\frac{1}{4}$ cups rye flour, 4 teaspoons baking powder, $\frac{1}{2}$ teaspoon salt. Cream the butterine, add sugar gradually and egg well beaten. Mix and sift flour, baking powder and salt. Add alternately with milk to first mixture. Turn into buttered cake-pan. Bake thirty-five minutes. Serve with strawberry sauce or chocolate sauce.

Dropped Cookies. 1 cup oil, 1 cup sugar (sifted), 1 egg, $\frac{1}{2}$ cup water, $\frac{1}{2}$ cup light molasses, $\frac{3}{4}$ cup raisins cut fine, $3\frac{1}{2}$ cups rye flour, 2 level teaspoons, baking powder, 1 teaspoon cinnamon, $\frac{1}{2}$ teaspoon cloves. Stir all together, bake by dropping spoonfuls in pan in moderate oven, for about twelve minutes.

Macaroni Loaf. 1 cup bread crumbs soaked and water pressed out, 2 cups boiled macaroni, 1 cup finely chopped cheese, 1 tablespoon finely chopped green peppers, 1 cup milk, 2 tablespoons butter, 2 tablespoons finely chopped onions, 1 tablespoon finely chopped parsley, 3 eggs, 4 tablespoons water and cooked parsley, onions and green peppers. Separate

eggs, mix bread crumbs, cheese, macaroni, milk, egg yolks, cooked vegetables and milk. Beat whites of eggs and fold in mixture, add 1 teaspoon salt, 1-8 teaspoon pepper. Put in a greased pan, bake forty minutes at 370 degrees F. (The pan must be placed in a pan of water the same as a custard.)

Sponge Cake (a substitute for sunshine cake with eight eggs). 4 eggs, separated; $1\frac{1}{2}$ cups sugar, $\frac{1}{2}$ cup hot water, $\frac{1}{2}$ teaspoon vanilla, 1 teaspoon baking powder, $\frac{1}{4}$ teaspoon salt, 2 cups pastry flour (sifted). Separate eggs, add yolks to hot water and beat until thick, add sugar and vanilla gradually, beating constantly. To this mixture fold in well-beaten whites. Sift flour and baking powder twice and cut in flour and baking powder. Put in greased pan and bake forty-five minutes at 370 degrees F.

Cream of Bean Soup. 2 cups cooked beans, $1\frac{1}{2}$ cups milk, $1\frac{1}{2}$ cups water, 3 tablespoons oil, 3 tablespoons flour, 1 small onion chopped, 1 tablespoon chopped parsley, 1 small carrot chopped. Stir the flour, onion, parsley and carrot in hot oil until they are brown, add water, milk, and boil. Mash the beans fine or put through a sieve. Add salt and pepper to taste and serve when hot.

Cream of Pea Soup. 2 cups cooked peas, $1\frac{1}{2}$ cups milk, $1\frac{1}{2}$ cups water, 1 teaspoon salt, 3 tablespoons oil, 3 tablespoons flour, 1 small onion chopped, pepper. Stir the flour and onion in hot oil, do not let it brown. Add water, milk, and boil. Mash the peas fine through a sieve. Add salt and pepper. Serve hot.

Rye and Cornmeal Muffins. $1\frac{1}{2}$ cups rye flour, $\frac{1}{2}$ cup cornmeal, $\frac{1}{2}$ teaspoon salt, 4 teaspoons baking powder, 1 tablespoon sugar, $\frac{3}{4}$ cup milk and water, 1 tablespoon oil. Mix and sift dry ingredients three times. Add milk, water and warm oil. Beat well. Bake in greased muffin pans in hot oven thirty-five minutes.

Rye Rolls. 4 cups rye flour, 1 teaspoon salt, 6 teaspoons baking powder, $1\frac{1}{2}$ cups milk, 1 tablespoon oil. Sift dry ingredients together, add milk and warm oil. Knead on floured board. Shape into rolls. Put into greased pans and allow to stand twenty-five minutes in a warm place. Bake in a moderate oven for thirty minutes.

AKRON—Public Health Nursing in the city of Akron has been completely revolutionized during the past year. With the exception of that being done by certain large firms, all has been consolidated under the Health Department. Olive E. Beason (Chicago Hospital), formerly head nurse in one of Chicago's large tuberculosis clinics, is superintendent of nurses. Twenty-one nurses are now on the Health Department staff. Fourteen nurses are doing the school work, the instructive contagious disease work, and are conducting well-baby clinics. A tuberculosis dispensary was opened on September 1st, with 4 special nurses, who are giving bedside care as well as doing instructive work in the homes. Akron is a

very interesting spot just now for the alert sociologist, for in six years' time it has grown from a population of 60,000 to approximately 200,000. From having, little more than a year ago, a part-time health officer, a food inspector, and one vital-statistics clerk on its Board of Health, it now has 36 people on the pay-roll, a good laboratory, and a division of food and sanitation as well as one for communicable diseases. At the request of Mayor Laub and the Chamber of Commerce, Mary E. Lent, Associate Secretary of the National Organization for Public Health Nursing, spent some time in Akron last fall, working out this recently-adopted plan for public health nursing throughout the city. In fact, the interest shown by the Mayor and other citizens has been responsible for its success. Cities where it is difficult to raise the budget of a small, struggling association should copy this example set by Akron and get the Mayor and other broad-minded citizens interested in the possibilities of better health for all the people. The Municipal University of Akron is giving a course of lectures in sociology to anyone interested in enrolling, and several of the lectures are on the subject of public health and public health nursing. This is the first year that such a course has been open to the citizens and workers of Akron. Elizabeth Yost (Massillon City Hospital, Ohio) is assistant supervisor of nurses. Of special interest is the fact that both free and paying patients are given care in their own homes. In this way the extremely objectionable words, "destitute poor," can be ruled out from any description of Akron's public health nursing service.

THE IMPORTANCE OF MILK TO CHILDREN

Milk is the one food that children need to become strong and healthy, and the increase to 14 cents a quart, or more, means that thousands of growing children will be without the essential food elements that ensure healthy development. Patent foods which contain no milk and are not to be mixed with milk, are lacking in nourishment. In the substitution of tea and coffee for milk, the child is positively injured.

Reports from New York, Chicago and some New England cities show an alarming decrease in the amount of milk being consumed in families where there are young children, according to a bulletin issued by the Children's Bureau of the United States Department of Labor. In New York, 120 families out of 2200 reported to the Mayor's Committee on Milk, have stopped taking milk entirely. In 25 of these there are babies less than a year old. Half of the 2200 families are taking from one-fourth to one-half less milk than before the price went up; and before that their supply was but half the amount they should have had. The same condition could be found in practically all the large cities. These decreases have led the Federal Children's Bureau to emphasize the great need of milk in the diet of babies and young children.